THIS AIN'T YOUR GRANDMA'S DINING ROOM
MAKE IT COSY {page 15}

2011 IS THE YEAR OF PORTMAN
ACTRESS TALKS ABOUT TAKING IT ALL IN {page 10}

EASY RIDER
RULES FAVOUR NEW TEAM
SPORTS {page 17}

OTTAWA metro®
Thursday, January 20, 2011
www.metronews.ca
News worth sharing.

Bollywood's Oscars

▶ Premier Dalton McGuinty embraces Bollywood film stars Preity Zinta and Anil Kapoor, right, yesterday.

CHRIS YOUNG/THE CANADIAN PRESS

Hooray for Bollywood

Premier Dalton McGuinty led local politicians, sponsors and organizers to a jam-packed news conference yesterday to discuss preparations for the International Indian Film Academy Awards ceremony. This the first time the awards will be held in North America. The ceremony is to be held June 23-25 in Toronto.

Watson delivers on point

- Recreation fees frozen, printed guidebooks to be cut
- Transit fares to rise 2.5 per cent, seniors to ride free Monday and Friday afternoons

STEVE COLLINS
@METRONEWS.CA

Mayor Jim Watson unveiled a draft budget yesterday with a tax increase just less than his campaign promise of 2.5 per cent. The police services and library boards also submitted budgets at or less than the 2.5 per cent target.

That means no new hires for police this year, but 45 new firefighters will be recruited for the new Stittsville and Barrhaven fire stations, and 74 new bus drivers are expected to reduce OC Transpo's overtime costs.

Walter Robinson, an Ottawa lobbyist and former chief of staff to ex-mayor Larry O'Brien, praised Watson for striking a balance between keeping costs under control and maintaining services, while getting his council colleagues onboard.

"I cannot recall a budget being tabled that received a round of applause from the council chambers. I think that's a telling political signal," he said.

"We're cautiously optimistic ... Where are the specifics? We're really hopeful it's going to be something palatable if there is any effect on staff. We just don't know yet."
OTTAWA AND DISTRICT LABOUR COUNCIL PRESIDENT SEAN MCKENNY

It's your fault he's in debt

We should say, 'I owe a house': John Mazerolle {page 9}

Father slams Mexico, Ottawa

Daughter allegedly raped by cops while on vacation {page 6}

Death penalty

Call could be costly, group says

- Harper says he favours the death penalty ... in some cases
- But lawyers group says the comment is cause for concern

{page 3, 4}

5 Detached Model Homes
Open For Viewing In Fairwinds
Saturday & Sunday 12pm - 5pm

MATTAMY homes

Substantial Savings Help Make Half Moon Bay Even More Beautiful.

*Save up to $15,000 on Detached WideLot™ Homes.**

Double Car Garage WideLot™ Home, The Sandfield, Fairwinds model home.

Mattamy On Half Moon Bay in Barrhaven is an award-winning, master-planned community with a host of features that are enjoyed by all who live there. And right now you can save up to $15,000 on a detached family home as well as up to $8,000 on a small selection of townhomes now available with Early Closings.

Please visit us soon to take advantage of these greatly reduced prices.

34' WideLot™ Home,
The Baycliffe 'B', 1,517 Sq.Ft.,
~~$328,990~~ NOW $313,990

34' WideLot™ Home,
The Forestlane 'A', 2,050 Sq.Ft.,
~~$358,990~~ NOW $343,990

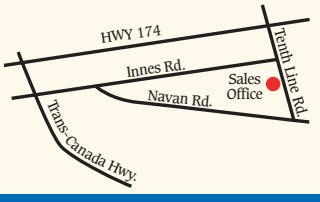
Save $8,000 on selected Townhomes
Save $15,000 on selected Detached Homes

Freehold Townhomes From ~~$247,990~~ NOW $242,990
Detached Homes From ~~$326,990~~ NOW $311,990

Enjoy The Summerside Of Life At Special Savings.

Save $3,000 on selected Townhomes
Save $5,000 on selected Detached Homes

Freehold Townhomes From ~~$232,990~~ NOW $229,990
Detached Homes From ~~$319,990~~ NOW $314,990



www.mattamyhomesottawa.com

*Please see a Mattamy Sales Agent for complete details.

Sales Centre Hours:
Monday to Thursday 1pm-8pm; Friday 1pm-6pm;
Saturday, Sunday and Holidays 11am-6pm

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Defence group pans execution talk

Prime Minister Stephen Harper's admission in a CBC interview that he supports the death penalty got a frosty reception from the head of Ottawa's defence association yesterday.

"The question of capital punishment is one that was resolved some time ago. There's neither the political nor popular will to bring back capital punishment," said Doug Baum, president of the Defence Counsel Association of Ottawa. "Maybe he's trying to lose the next election."

Leaving aside the moral problems with the death penalty, there's no shortage of Canadians who have been wrongly convicted of murder — from Guy Paul Morin to Donald Marshall, said Baum.

Despite courts' best efforts, there will likely be more mistakes, Baum said. He pointed to the recent inquiry into the work of discredited pathologist Dr. Charles Smith, whose flawed work led to many wrongful convictions.

Baum said Harper's comment inspires concern, despite the prime minister's assertion he has no plans to reopen debate on executions.

"When the prime minister talks about anything you have to take it seriously," said Baum, "he is after all the prime minister."

SEAN MCKIBBON

SEAN MCKIBBON/METRO

▶ Doug Baum, president of the Defence Counsel Association of Ottawa.

Threats are no sweat for Film Society

Film Society president says threats won't keep him from screening Iranium in Ottawa

JOE LOFARO
OTTAWA@METRONEWS.CA

A controversial film about Iran's nuclear program that was cancelled after threatening phone calls and the delivery of suspicious envelopes will be shown in Ottawa after all.

"The minister has instructed the Library and Archives to honour their commitment to show the film, while taking all appropriate steps to ensure security," Heritage Minister James Moore's office said in a written statement yesterday.

Free Thinking Film Society president, Fred Litwin called Tuesday's cancellation of the film, entitled Iranium, "outrageous."

The controversial film, which criticizes Iran's nuclear program, was to be shown at Library and Archives Canada.

After complaints and threats of protests, a decision was made to cancel the event. The Iranian Embassy in Ottawa also sent a letter before Tuesday requesting that the film not be shown.

Litwin said a protest should not have prompted a cancellation.

"If it's just threats of a protest, well, it should be legal to protest," he said.

"I have no concerns about (the next screening). If people want to protest or complain, whatever."
FRED LITWIN, PRESIDENT OF THE FREE THINKING FILM SOCIETY

SEAN MCKIBBON/METRO

▶ Free Thinking Film Society president Fred Litwin.

1 news

Bomb found along route of Martin Luther King Jr. Day parade. Scan this code for the story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

New study shows we are a nation of couch potatoes. See video at metronews.ca

Follow us on Twitter @metroottawa

BYWARD MARKET MARCHE BY

20th Annual ByWard Market Stew Cook-Off

Friday, Feb. 4
12 pm - 2 pm

Outdoors, George between ByWard and William

It's the best lunch in town! $10 for all the stew you can eat, all proceeds to charity. Come down and vote for your favourite!

www.byward-market.com

Official Collaborator Collaborateur officiel WINTERLUDE BAL DE NEIGE

Do you think you make the best stew? Send your recipe with ByWard Market ingredients to events@byward-market.com and be entered to win great ByWard Market prizes!

Harper on the death penalty: Yes — and no

Won't spark abortion debate, PM insists in interview

In a candid television interview, Prime Minister Stephen Harper has revealed his inner feelings about the death penalty and abortion.

He says he personally favours the death penalty in some instances.

But he has no plans to resurrect debate over capital punishment — at least not in the next parliament.

Harper was even more categorical about abortion, indicating he has no interest in ever reopening debate on that hot potato.

He said the key to reducing the number of aborted pregnancies is changing attitudes, not laws.

Harper's views on the hot-button issues were probed by Peter Mansbridge, anchor of CBC's The National, who wanted to know what he would do should he manage to win a majority.

On reinstating capital punishment, Harper said simply: "I don't see the country as wanting to do that."

When Mansbridge pointed out he seemed to be closing the door less firmly on that issue, Harper added, somewhat disjointedly:

"Well, I personally think there are times when capital punishment is appropriate.

"But I've also committed that I'm not, you know, in the next parliament, I'm not, no plans to bring that issue forward."

On abortion, Harper said: "I'm not interested in having a debate over abortion law."

THE CANADIAN PRESS

Layton's worried

- Federal NDP Leader Jack Layton said Harper's responses on the death penalty and abortion were so carefully worded they raised alarm bells.
- Layton said Harper is leaving the door open for a private member's bill that would reinstate the death penalty.

Montreal. A demo with a difference

▶ Mothers turn out to support their right to breastfeed in public.

RYAN REMIORZ/THE CANADIAN PRESS

Oh baby, mommy's protesting

About 60 mothers staged a group breastfeeding session in a Montreal mall yesterday in support of nursing in public. They spent about one hour nursing their infants in front of a store where a Montreal mother was recently asked to stop breastfeeding her five-month-old girl. The store later apologized.

60 **An anonymous man began the tribute at Poe's grave more than 60 years ago. He was always dressed in black, with a white scarf and a wide-brimmed hat.**

The final chapter?

The unknown man who for decades left three roses and a half-bottle of cognac at writer Edgar Allan Poe's Baltimore, Md., grave on his birthday failed to appear yesterday, fuelling speculation he may have died.

THE ASSOCIATED PRESS

Canon
An EOS with Perspective.
EOS 60D
Canon EOS 60D Camera
w/ EFS 18-200mm IS Lens
$1399.99
BONUS: 8GB SDHC Card + Canon DSLR Camera Bag ($119.99 value)
With the new EOS 60D DSLR, Canon gives the photo enthusiast a powerful tool fostering creativity, with better image quality, more advanced features and automatic and in-camera technologies for ease-of-use. It features an improved APS-C sized 18.0 Megapixel CMOS sensor for tremendous images, a new DIGIC 4 Image Processor for finer detail and excellent colour reproduction, and improved ISO capabilities from 100 - 6400 (expandable to 12800) for uncompromised shooting even in the dimmest situations. The EOS 60D also features an EOS first: A Vari-angle 3.0-inch Clear View LCD (1,040,000 dots) monitor for easy low- or high-angle viewing. Plus HDMI output for viewing images on an HDTV makes the EOS 60D invaluable for the evolving photographer. With continuously curved surfaces, user-friendliness and exuding solidity and refinement, the EOS 60D is true digital inspiration!
SAVE $200.00
REGULAR PRICE $1599.99
WHILE SUPPLIES LAST
TAXES EXTRA
18.0
ISO 6400
Galaxy Camera
525 Bank Street (Bank at Catherine St.) • (613) 234-8831 • galaxycamera.com
Store Hours: Mon-Fri 9AM-6PM; Sat: 10AM-5:30PM

LA MAISON D'OR

Canada's Largest

DESIGNER ENGAGEMENT & WEDDING BAND SHOW & SALE

January 19~30

20% OFF* SELECTED PIECES

*Excluding TACORI & Simon G

SEE THE COMPLETE TACORI COLLECTION AND MEET THEIR REP. THURSDAY, JAN. 20 TO SUNDAY, JAN. 23.

Receive beautiful pearl jewellery, a Sens Hockey package or double Aeroplan points as your gift with purchase**!

Enter to win a $6000 princess-cut Canadian diamond ring and one of 6 romantic escapes to New York!

LA MAISON D'OR
JEWELLERS • BIJOUTIERS

Place d'Orléans Shopping Centre • 613-837-1001• www.lamaisondor.com

MARK THE MOMENT

*Excluding TACORI & Simon G jewellery **Certain conditions apply.

Oh Canada: Get some exercise

New report suggests country has become a nation of couch potatoes

The vast majority of Canadian adults and their kids are falling well short of even minimum recommended levels of exercise — a "physical inactivity crisis" that experts say is threatening the health of multiple generations.

Health promotion organizations sounded the alarm yesterday after a Statistics Canada report found only 15 per cent of adults were meeting basic physical activity targets of 150 minutes of moderate to vigorous exercise per week.

The picture was even more dismal for children of ages five to 17 — just seven per cent were getting the recommended hour of exercise per day.

"Canadians are at an alarming, alarming low level of physical activity," said Kelly Murumets, president of national fitness advocacy group ParticipAction Canada. THE CANADIAN PRESS

Falling short

The numbers were gathered using accelerometers to measure physical activity and sedentary behaviour.

- 17 per cent of adult men and nine per cent of young boys were meeting the minimum guidelines.
- Women had just 14 per cent of adults and four per cent of children reaching their targets.

Hungary. Censorship

▶ European parliament members protest as Prime Minister of Hungary Viktor Orban, unseen, delivers his speech at the European parliament in Strasbourg, France yesterday.

CEDRIC JOUBERT/THE ASSOCIATED PRESS

Silent protest at the EU

Some EU legislators covered their mouths with duct tape and held banners yesterday protesting against Hungarian Prime Minister Victor Orban's controversial media law, which is allegedly seeking to stifle press freedom and the opposition.

Victim's dad dubious over investigation

The father of a Canadian woman allegedly raped by two Mexican police officers while on holiday says he has no faith in the investigation into the accusations.

Barry Rutland said yesterday that Mexican authorities have already denied any wrongdoing in their treatment of his 41-year-old daughter, Rebecca Rutland.

What's more, he said, Ottawa is "known for not being able to take care of Canadians abroad."

An expert on tourism to Mexico says Canadians are right to ask for consular help when they're in trouble, but they "can't leave it to the government" to keep them safe in foreign lands.

"Travellers have to do their own homework" before heading to countries with records of violence or corruption, said Gabor Forgacs, assistant professor at the Ted Rogers School of Tourism in Toronto. THE CANADIAN PRESS

Bloc wants kirpan barred from chamber

'06 In 2006 the Supreme Court of Canada ruled 8-0 that a total ban of the kirpan in schools violated the Canadian Charter of Rights and Freedoms.

An emotional dispute in Quebec over the Sikh kirpan has quickly landed in the federal Parliament.

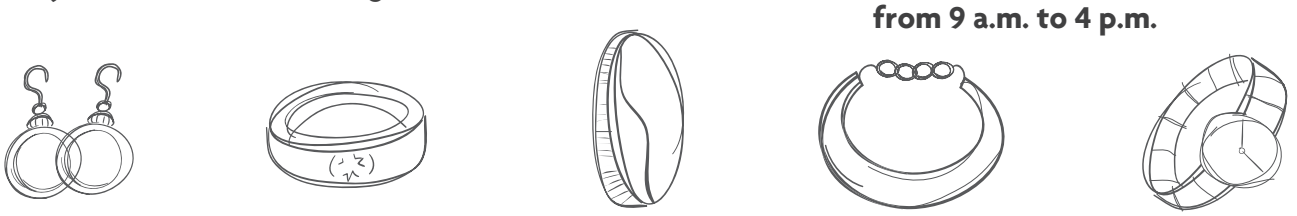
The Bloc Quebecois has proposed that the House of Commons adopt new rules that would ban Sikhs from wearing their ceremonial dagger in the chamber.

The move comes one day after an incident that made national headlines where security guards at Quebec's legislature refused to allow a group of Sikhs to enter with their kirpans. THE CANADIAN PRESS

just in time for those holiday bills!

Receive Ontario's **highest payout** for your old, unwanted gold & silver!

Canterbury Recreation Complex
(2185 Arch Street, Ottawa)
Saturday & Sunday, January 22nd & 23rd from 9 a.m. to 4 p.m.



Dig out those old, unwanted gold & silver rings, watches, necklaces, etc...

Bring them out for a free, no-obligation material evaluation & purchase offer.

Get paid on the spot. At these record prices, a little means a lot!

proudly supporting
CHEO Foundation Fondation
Proud supporter Canadian Cancer Society Société canadienne du cancer
The Canadian Cancer Society is pleased to accept proceeds from this community initiative.
United Way Centraide Ottawa

visit *recyclefrog.com* for complete details

RECYCLE FROG

1150-45 O'Connor Street | Ottawa, ON | K1P 1A4 | 613.695.1236 | recyclefrog.com

Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals.

While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

It's worth a talk.

Speak to a CIBC advisor about the advantages of switching to CIBC. Visit any branch, go to cibc.com/switchsavingmadeeasier or call 1 866 712-0999.

CIBC
For what matters.

"It's worth a talk." and "CIBC For what matters." are trademarks of CIBC.

New mortgage loan measures too harsh?

Report critical of Ottawa's housing loan clampdown comes two days after Jim Flaherty altered lending rules

HANDOUT

▶ Will Dunning

The risk of mortgage rates rising to unaffordable levels in the near future is "negligible" and recent measures taken by Ottawa to clamp down on housing loans may be too harsh, says Canada's mortgage industry association.

Due to the effect of tightened lending rules "housing demand at present and for the near future is probably lower than it needs to be," according to the Canadian Association of Accredited Mortgage Professionals, which represents brokers and others in the industry.

In fact, the group suggested in a report yesterday that the rules may need to be relaxed.

CAAMP said that a vast majority of borrowers studied had left themselves room to absorb a hike of as much as one percentage point on fixed-rate mortgages and even more on variable-rate mortgages.

"Canadians — lenders and borrowers — have been highly prudent in the mortgage market," Will Dunning, the association's chief economist, wrote in the report.

"There have been some calls for mortgage lending criteria to be tightened further.

This analysis concludes that Canadian lending criteria are already tight enough. In fact, some might argue that with the changes implemented in April 2010, Canadian criteria are currently too tight."

THE CANADIAN PRESS

Brace. Yourself

▶ Gas prices are shown at 115.4 per litre at gas stations in downtown Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

Fuel prices on the rise

Consumers should brace for higher fuel prices over the next few months, warns energy consultant Roger McKnight. He sees gasoline and diesel prices this spring being 15 to 20 per cent higher than a year earlier. The price of crude oil has been steadily creeping up, hovering above $92 US per barrel yesterday.

Wind seeks protection for cell users

Wireless company Wind Mobile wants the federal and provincial governments to provide better consumer protection for cellphone users, including reducing early contract termination fees. "All Canadians should be offered similar protection," Wind Mobile chairman Anthony Lacavera said yesterday.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 120.16 (13,439.04)	– 0.27¢ (100.45¢ US)

Oil	Natural gas 1,000 cu ft $4.561 (+ 13.6¢) Gold contracts $1,370.20 (+ $2.00)
– 52¢ US ($90.86 US)	

Live Clean
This Year
Cleanse Your Body
Energize Your Life
Why You Should Cleanse
• Improves Health
• Increases Energy
• Improves Digestion
• Improves Elimination
• Reduces Toxic Load
• Reduces Risk of Chronic Health Conditions
First Cleanse is a unique, 15 day all natural herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser.
CleanseSMART is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function.
Rapid Cleanse is a 7 day, therapeutic strength cleansing program that works to cleanse and detoxify your entire body.
Liver DETOX works to stimulate and enhance the liver's natural cleansing ability and improve overall liver function.
Receive $3.00 OFF your purchase of ANY* RENEW LIFE PRODUCT
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase (Individual Organic Fibre Bars, FitSMART Bars & DigestMORE 20 caps Excluded). Coupon expires February 28th, 2011.
RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE.
TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA

FOREVER INDEBTED TO MOB MENTALITY

He says ...

JOHN MAZEROLLE

I once felt helpless about my enormous debt payments, but I've analyzed the situation and realize now what the root of the problem is: You. *J'accuse*, gentle reader.

Wipe that innocent look off your face. Just four years ago I was only $4,000 in debt. I was panicked about it at the time, but now that sounds like a nice game show prize — something Pat Sajak might reveal after the final puzzle. "You've won $4,000 in debt!" he'd say, and I'd hug Vanna.

Now I'm $50,000 in debt. And it's all your fault.

Because let's face it: You made it OK. The average Canadian owes more than they earn in a year, which is three-syllable c-raaa-zy, but everybody acts like it's business as usual. If I'm chatting with you and mention that I'm $50,000 in debt your typical response is to make a high-pitched "hmph" noise — the kind of noise that says, "Not good, but not bad."

Canadians' finances are crashing like the Hindenburg, but instead of "Oh, the humanity!" the reporter says, "Could be worse! Back to you, Tom."

Thanks for nothing, reader. Thanks for $50,000 less than nothing.

We live in a society where it's seen as some sort of victory to get back to breaking even, as if keeping your nostrils barely above the waterline proves you're a seasoned swimmer. Heck, a friend of mine once bought a $1,500 suit to celebrate getting out of debt, which is sort of like lighting a cigar to celebrate a successful lung transplant.

"Nobody actually owns anything; it's all credit. We should change the verb to, 'I owe a house, and I owe a car.'"

Nobody actually owns anything; it's all credit. We should change the verb to, "I owe a house, and I owe a car."

We've been conditioned by each other to believe that debt is fine. See how I'm blameless? With the Can-Con company I keep, can I really be held accountable for my lack of financial savvy? I'm a victim of mob mentality.

No doubt you feel bad about your role in all this. You made me, which must have a Dr. Frankenstein feel about it.

So if you'd like to alleviate the guilt, I will be accepting pledges and donations. I'll even take your gold, no questions asked. You're welcome.

I'm a man of honour, so if you lend me some money to just get me through this rough patch, I solemnly swear: I'll be forever in your debt.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Parents play a big role

Letters & Tweets

We asked: Who was your role model growing up?

@natomaton: Bugs Bunny. He was SUAVE.

@alaska1278: MY MOM DUKES WHO ELSE!! Mamma boy.

@JewelyGEE: my role model was my imagination. might sound odd but it really had no limits and it was totally free!

TORONTO. My role model when I was growing up was and always will be my parents.

They worked in our convenience store 14 to 16 hours a day for 363 days a year (Christmas Day and New Year's Day were half-days) for more than three decades!

It's because of their strong work ethic that I never complain about long work days/weeks/months. Thank you mom and dad for all your hard work and sacrifices made.

STEVE YUL CHUN

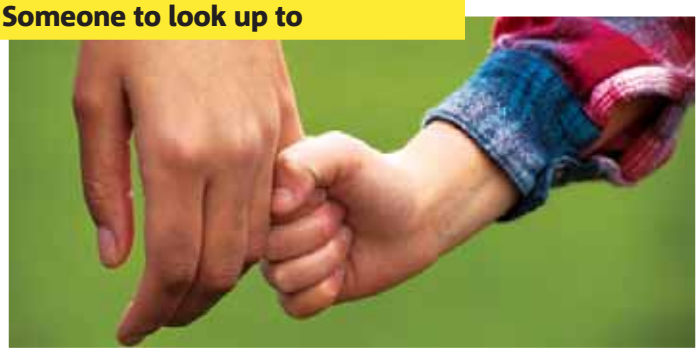
@levianacoccia: my role model growing up was probably one of the Spice Girls. Thank goodness I didn't turn out like a '90s Scary Spice!

CALGARY. My mom, of course!

She's the strongest and most beautiful woman I know.

KELLIANN BROWN

Someone to look up to



Which two teams will play in the Super Bowl? Why?

Email
ottawaletters@metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

metro

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Publisher Bill McDonald, **Managing Editor** Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at laser presentation

Learn about lasers at the Canada Science and Technology Museum tonight at 7. The University of Ottawa's Dr. Paul Corkum presents a public talk, Catching Electrons With Light: Celebrating The Past, Present And Future Of The Laser In Canada, in which he will discuss recent advances in laser technology.

Extremely short laser pulses are making it possible to "photograph" electrons, bonds breaking, and atoms rearranging within molecules during chemical reactions. Before the lecture, have a look at the museum's collection of lasers, including the National Research Council's first laser, developed in 1961, and meet one of its designers, Dr. Alex Szabo.

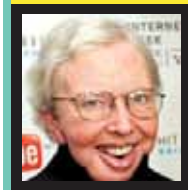
METRO

CONTRIBUTED

▶ Dr. Paul Corkum will present a talk tonight on laser technology at the Canada Science and Technology Museum.

2 scene

Scene in brief



Roger Ebert is returning to the small screen. The famous film critic stopped appearing on television movie review shows in 2006 when cancer surgery left him unable to speak. But now he has his own segment on a new program, Ebert Presents at the Movies. The weekly show debuts Friday on PBS stations across America.

THE ASSOCIATED PRESS

Phoney Hollywood producer who scammed investors gets 4 years for violating probation

2011 shapes up to be Year of Portman

29-year-old's shelves are filling up with awards for Black Swan

Oscar nomination – and win – could come along with first child

For Natalie Portman, 2011 is already shaping up to be an unforgettable year.

The actress is getting big awards buzz for her turn as a ballerina gone mad in Black Swan. She already won a Golden Globe, she's up for a Screen Actors Guild award and she's sure to hear her name when Oscar nominations are announced next week. Portman also has four other movies slated for release this year — including the first produced by her own company.

Oh, and she's pregnant with her first child and engaged to be married.

"I'm very, very excited," she says during an interview to promote her romantic comedy No Strings Attached, which opens Friday. "I feel very, very lucky."

And maybe just a bit overwhelmed.

Ever poised in interviews, and always the picture of perfection at events, the Harvard grad and Oscar nominee (for 2004's Closer) says having four movies in the pipeline at the same time she's starting a family is "a little insane."

Not that she's letting it get to her. Instead, the star who recently relocated to Los Angeles from her hometown of New York says she's just relaxing with her mom and enjoying the West Coast weather.

"I think because so much is going on, it's just sort of going over my head," Portman says, her petite frame folded on a sofa, her hand intuitively resting on her bourgeoning belly. "I don't know that I'm taking it all in. I'm just like, 'Oh, the sun is shining. I'm with my mom. I'm with my dog. Life is good.'"

Indeed, things are good for the 29-year-old. She's engaged to Benjamin Millepied, a ballet dancer and choreographer who worked on Black Swan, and they are expecting their first child together. He was her date at the Globes, and when she was named best actress in a drama, she thanked him for "helping me to continue this creation of creating more life."

She'll be seen in two very different roles this year. She plays a warrior opposite Danny McBride and James Franco in the comedy-adventure Your Highness, and a human friend of a Norse God in Marvel Studios' anticipated Thor.

Portman might be promoting her movies through most of her pregnancy.

For now, though, expect Portman aplenty in what's becoming Natalie's big year. THE ASSOCIATED PRESS

KATY WINN/THE ASSOCIATED PRESS

▶ Portman arrives at the 12th Annual Warner Brothers and InStyle Golden Globe After Party at The Beverly Hilton Hotel on Sunday, Jan. 16, 2011 in Beverly Hills.

HANDOUT/THE ASSOCIATED PRESS

▶ The 18th edition of the Amazing Race returns Feb. 20.

Back for more

Cowboys, goths, Globetrotters among former teams returning to Amazing Race Starts up again Feb. 20

Cord and Jet McCoy are saddling up for another season of The Amazing Race.

The bull-riding brothers are among the 11 veteran teams competing on the 18th edition of CBS' around-the-world competition (premiering Feb. 20 at 8 p.m. EST), the network announced yesterday. Other returning duos include goth couple Kent Kaliber and Vyxsin Fiala, and Harlem Globetrotters teammates Nathaniel 'Big Easy' Lofton and Herbert 'Flight Time' Lang.

"We're not intimidated by anyone," McCoy said before setting off in November. "That's the thing about this race, even in the season that we were on, we sized up the competition, but it wasn't the same people that were in the finals or that went out first. When it comes to this race, even though we've seen people on previous seasons, it's too hard to tell."

The McCoy brothers from Tupelo, Okla., came in second place on the 16th season show, narrowly losing to Daniel and Jordan Pious after the distinctly different siblings skipped the McCoys in line at an airport and slipped to the front of the plane. Cord warned that he isn't going to let other teams sneak by him on the Unfinished Business edition.

Other racers are sisters Kisha and Jen Hoffman, former cheerleaders Jaime Edmondson and Cara Rosenthal, engaged couple Amanda Blackledge and Kris Klicka, friends Justin Kanew and Zev Glassenberg, mother-and-son Margie and Luke Adams, father-and-son Mel and Mike White, and Gary and Mallory Erwin and Ron and Christina Hsu.

THE ASSOCIATED PRESS

INTERVIEW

Babel off to work in LA LA land

Last night, Entertainment Tonight Canada announced Matte Babel is joining its team as the show's Los Angeles correspondent — where he'll be all over the red carpets and movie premieres. Metro recently spoke to the former MuchMusic VJ about his news job and living in L.A.

Tell us what your perfect L.A. moment would be?

My perfect L.A. moment would be sitting court side with Ellen DeGeneres as Kobe hits the game winning shot in Game 7 of the NBA championship versus the Miami Heat...or does it have to be realistic?!

L.A. is the land of celebrities. Is there a person you most want to meet and why?

Dead or alive? It would have to be Jim Morrison. Love the Doors.

ET has been around for three decades; for five seasons in Canada. Which correspondent has been your favourite and why?

That's like choosing a favourite sibling... everyone at ET Canada is unique – it's like The Addams Family – it just works!

What will you miss most about living in Canada?

The snow? Truthfully, my friends. My experiences in L.A. thus far have been amazing, but telling someone rather than experiencing it with them is never the same.

What are you looking forward to doing in L.A.?

Going surfing and skiing in the same day.

METRO

TOP 10 of 2010

Sponsored by

ING DIRECT save your money®

YOU VOTED!

THE TOP 10 WAYS TO SAVE YOUR MONEY IN 2010 ARE:

1. Tax Free Savings Account
2. Make meals at home
3. High Interest Savings Account
4. Automatic fund transfers at pay source
5. Move to a new area
6. Stick to a budget
7. Use public transit
8. Use cash
9. Renegotiate mortgage
10. Consult an advisor

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Jolie dishing out parenting advice

Angelina insists family is grounded • Says to appreciate every minute

GETTY IMAGES FILE

With six kids to keep an eye on, Angelina Jolie is definitely in a position to dole out parenting advice.

Her biggest tip for parents? Enjoy the early years.

"It goes so fast and it is the best time in your life," she says in an interview with Australia's 2Day FM radio.

"And strap them to you and hang out with them and sleep in the same bed with them and just love every second of it."

Jolie insists that her large family has kept her grounded.

"We make a point to stay together as a family when we're filming, in this town you've got to," she says. "I think some people are affected by fame. I'm lucky that I have a lot of kids who keep me very, very grounded."

METRO

Michael Lohan says Lindsay keeping clean

So far so good for Lindsay Lohan, who has reportedly been passing all of her post-rehab drug tests, her dad, Michael Lohan, tells Hollyscoop.

"Lindsay is doing four or five tests a week and she has passed all of them," he says.

Random drug-testing is part of Lindsay's probation, and each failed test would mean 30 more days behind bars.

"Lindsay is doing four or five tests a week and she has passed all of them."
MICHAEL LOHAN

METRO

Talking points

J-Lo wants to have more kids

PEOPLE Though having twins at home can be a handful, Jennifer Lopez says she'd be "extremely happy" to become pregnant again.

"I'd like to. As soon as I had the babies, I thought to myself, I want to do this a thousand times. I love this. This is life," she tells Ellen DeGeneres.

"I just thought it felt so great. This is what life is all about. And now that it's, like, three years in, I'm like, 'Can I do that again?'" METRO

Taylor off the market for now

PEOPLE Still reeling from her split from Jake Gyllenhaal, Taylor Swift is reportedly taking a break from dating to focus on her music, according to Popeater.

"Taylor is not exactly a loner, but she fares well on her own and will be fine if she doesn't hook up with a guy immediately," says a source, who adds that the timing of her breakup with Gyllenhaal — right before Christmas — wasn't easy to handle.

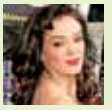
"While people expected them to spend the Christmas holidays together, they were each photographed separately in different cities," says the source. "It looked like things didn't work out."

METRO

Celebrity tweets

Jane Fonda [@Janefonda] There's been commentary saying my right nipple was showing at the Golden Globes. ... That was my recent cancer scar. So there!

William Shatner [@WilliamShatner] I'm thrilled to be working with an old friend, Lee Majors, on $#*! My Dad Says.



Rose McGowan [@rosemcgowan] Ever get to the airport and find out your flight isn't until the NEXT day? Sadly, not the first time I've done this.

Joy Behar [@JoyVBehar] Regis and Larry King are retiring. Meanwhile, Andy Rooney's still doing essays about paper clips.

METRO

orleans wellness expo
Presented by: Beauchamp Chiropractic: A Creating Wellness Centre
SATURDAY • JANUARY 22, 2011
10 AM to 4 PM
FREE TICKET
CLIP THIS AD FOR FREE ADMISSION TO THE EXPO
kanata wellness expo
Presented by: Synergy Chiropractic: A Creating Wellness Centre
CENTRE DES ARTS SHENKMAN ARTS CENTRE
KANATA HOLIDAY INN & SUITES
be fit • eat right • think well • go green
Health & Wellness Speakers & Exhibitors, Live Demonstrations, Documentaries & Prizes
Visit Us @ WWW.ORLEANSWELLNESSEXPO.COM
Visit Us @ WWW.KANATAWELLNESSEXPO.COM

All the King's cuffs

Meet the English jewelry designer who has women from New York to Dubai scrambling to snag his glamorously cheeky bracelets, rings and necklaces

KENYA HUNT GLOBAL FASHION DIRECTOR

▶ Nicholas King takes resin to another level.

"Anything that has a bit of sparkle to it works really well for me," says designer Nicholas King from his home in London. He's talking about his increasingly popular handmade jewelry collection (Cheryl Cole is just one of his high-profile fans), which includes an especially hot-selling series of resin and diamanté cuffs.

A major part of the appeal is that his pieces are Elizabeth Taylor glamorous in a Lady Gaga edgy kind of way. His work manages to be cheeky and cool. "I started out by taking a piece of tartan fabric and setting it in resin," says King, who worked in fashion for 17 years at houses including

"If you're going to do a plastic cuff, it has to be special."

John Galliano and Donna Karan before starting his own line. "But if you're going to do a plastic cuff, it has to be special," he adds with a wry sense of humour. So he moved on to metals and crystals.

"I like how it adds a richness to the jewelry," he says. Nicholas isn't the only one. In the short two years and six months since he started his business, his collection has been picked up by some of the world's most important fashion emporiums including Harrods, L'Eclaireur, 10 Corso Como and Liberty of London, among others. Not to mention he's become a favourite among magazine editors.

That's an impressive accomplishment considering that King started his business the day that Lehman Brothers crashed, sending the global economy — and the fashion business in general — into a downward spiral. Despite his early successes, don't expect King to go the way of other young designers by launching a chain of premature brand extensions anytime soon. "I want my jewelry to be relevant for a long time so I'm just going to focus on growing slowly and organically."

King's ladies

Nicholas King is a modest gentleman and therefore wouldn't shamelessly name-drop the celebrities who love his work. "I'd love to dress Michelle Obama and Kate Middleton, though," he admits. We did, however, manage to get him to name two famous women who encapsulate his style.

Carey Mulligan

Lady Gaga

3 life

Beauty pick

CLINIQUE'S TAKE THE DAY OFF CLEANSING BALM

$28, clinique.com

Clinique's Take The Day Off Cleansing Balm is a wonder cream that balances out oily skin, moisturizes dry skin and, most importantly, removes all manner of face and eye cosmetics. The makeup remover starts out as a balm, but melts into oil once on the skin. And a little goes a long way; one tub can get you through winter. METRO/KH

New books and movie reveal shadows in life of fashion stylist Isabella Blow

WagJag.com Deal of the Day
79% OFF
$29 for Eight Boot Camp Sessions at PhysXtreme Bootcamp
BUY TODAY

www.WagJag.com

Monktastic

Once the footwear of pious men, these monk shoes have become the shoe of choice for many trendy types

You'd never think it, but you owe it to the monks for bringing us the finer things in life – from champagne to these polished slip-ons. Today's monk shoes are a play on both the 15th century original and the 1920s redesign, with a classic low-cut and sharp side buckles.

RICHARD PECKETT
WWW.METRO.LU

1 CROCKETT & JONES 'LOWNDES'
crockettandjones.com

2 ASOS
asos.com

3 LOAKE ISLINGTON
loake.co.uk
robinsonsshoes.com

Fresh & Flirty

A twist of citrus, a sparkle of jasmine, a whiff of wood: Unexpected undercurrents keep this season's scents au courant.

Giorgio Armani Acqua di Gioia

Light and lovely: mint, lemon and water jasmine undercut by hints of brown sugar and sexy, animalistic labdanum. Eau de parfum, $70 (50 ml), giorgioarmanibeauty.com

Givenchy Very Irrésistible Cèdre d'Hiver

Sparkling rose enveloped with the richness of crisp cedar. Eau de parfum, $84 (50 ml), thebay.com

Chanel Chance Eau Tendre

Grapefruit and quince tickle the nose followed by jasmine and iris. Eau de toilette, $72 (50 ml), chanel.com

Lise Watier Frisson Neiges

lisewatier.com

Hermès Eau Claire des Merveilles

A sparkling personality of vanilla, flowers and citrus with warm, woody amber notes. Eau de toilette, $93 (50 ml), hermes.com

Papaya, passion fruit and sandalwood add plushness to crisp white flowers. Eau de toilette, $57 (50 ml),

THE KIT is an amazing new digital beauty magazine offering great tips to help you look and feel your best. Subscribe for FREE at thekit.ca.

240 SPARKS

SIDEWALK SALE NOW ON – January 19-29
VENTE DE TROTTOIR EN COURS – 19-29 janvier

- Barsellino
- Fairweather
- Lunch
- Rexall A Pharmacy First
- Timothy's Coffees of the World
- Benton's
- Hillary's Cleaners
- Marcello's Market Deli
- Shear Heaven Hair Stylists
- Boutique Joenette
- Holt Renfrew
- Merhi Quality Shoe Repair
- Sparks Dental Clinic
- Elisa G
- LCBO
- Passport Office
- Swiss Pastry the Cake Gallery

Open for business, while under redevelopment!
Nous demeurons ouvert en dépit des rénovations!

WWW.240SPARKS.COM

Off the floor: Staying stylish yet organized

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

An organized home is the first element to creating a comfortable and stylish place to live.

I'm a believer that the first step to being organized and having a clean home is to have nothing on the floor other than the furniture meant to be there.

Clothing, newspapers, toys, gym bags and shoes should all have a place.

Here's a few ways to get your stuff up off the floor.

Clothing

Adding a second hanging bar in the closet for pants, installing an upper shelf to hold an extra row of folded sweaters and adding hooks to the inside of the closet doors will help your standard closet hold about 30 per cent more clothing and accessories.

Vacuum-sealed bags help reduce clothing's bulk and keep dust off out-of-season clothing and a canvas-portable closet is an affordable way to create an extra closet to hold the overflow.

They're also great to set up in an apartment storage locker to store out-of-season clothing.

While organizing your closet, why not spruce it up with a few decorative touches? Painting the inside of it a fashionable colour, adding updated door hardware and investing in attractive wooden hangers are simple ways to making the closet look like a million bucks.

Shoes

Building narrow shelves up the walls inside a closet is

A modern ladder becomes a magazine and newspaper display rack

the best way to store shoes. If done smart, you can contain 40 to 50 pairs of shoes in a single closet without taking away hanging space.

A tall, vertical shoe rack (easily purchased from display storage suppliers and online) keep your best shoes on view and easily accessible. If you have no room in your closet for shoes, consider decorative shoe boxes lined up at the edge of a staircase or stored in under-the-bed roll out drawers.

Hanging hooks

Decorative hooks are a dime a dozen, so buy at least a dozen and put them around your home. Those items that you need every day (scarves, purses, gym bags, etc.) will stay off the

Canvas-covered closets are portable and add valuable storage space anywhere.

floor and have a stylish place to call home.

Remember to hang at two heights — 42 inches and 66 inches off the floor. This will allow younger children to hang their coats and have them easily accessible. Towel bars can be a man's best friend too. Hung at the end of a kitchen island help to keep tea towels at bay while displayed vertically on the wall like ladder rungs, they become a great spot to display magazines and newspapers.

Speaking of ladders, why not use them to help get things off the floor?

ISTOCK

To create some serious space in your closet, consider adding another hanging bar, or an extra shelf.

The perfect dining room

Nowadays, these rooms serve many purposes and embrace many styles

SARAH DORIO/THE ASSOCIATED PRESS

For generations, families ate in their kitchens and only ventured into their dining rooms on special occasions. The dining room was a place for guests, where stiff-backed chairs and fragile china kept everyone on their best behaviour.

But as our lives have changed, so have our dining rooms.

Today's dining rooms are used in more ways than ever before, says HGTV host Genevieve Gorder.

They merge comfort and beauty to create a space where people want to linger.

Gorder and interior designers Brian Patrick Flynn of decordemon.com, and Betsy Burnham of Burnham Design in Los Angeles, share the trends they've spotted and offer tips to create a perfect — and perfectly useful — dining room.

Multi-tasking at the table

Many home-owners now see the dining room as a flexible space where meals are not the only priority.

In many homes, the dining room table is the go-to location for working on art projects, wrapping gifts and doing homework, says Flynn.

So people are seeking durable tables that can withstand plenty of attention, rather than carefully polished ones that are easily scratched.

Dining room storage has also changed.

The dining room may double as a home office, with a laptop and paperwork stashed in the sideboard during meals.

Mixing instead of matching

The days of the perfectly matched suite of furniture — the "dining room set" — are over.

In designer-decorated homes, you're more likely to see deliberately mismatched chairs and a table that contrasts starkly with the room's other furniture.

"Even retailers like West Elm are catching on" with this trend, Flynn says. They may offer matching chairs for the ends of the table and then a mix of seating for the sides that includes benches and chairs."

Dining without fear

We've moved away from "the severity of antiques we're afraid to touch," Gorder says, and moved toward "the rustic elegance" of the big farmhouse tables you might find in Provence or Italy.

"It feels like, 'Yes, this is a very special piece. But I can drop a plate on it and not cry and not get in trouble,'" she says.

THE ASSOCIATED PRESS

SARAH DORIO/THE ASSOCIATED PRESS

YOUR DEBT HAS YOU MAXED OUT, TAPPED OUT AND STRESSED OUT.
More people talk to BDO for debt solutions than anyone else in Canada. And we've been doing it for over 50 years. It won't cost you anything to call. You'll feel a whole lot better when you do.
BDO. The only good thing about debt.
Trustee in Bankruptcy | Credit & Debt Counsellors | Proposal Administrators
Tel: 613 235 5225 Toll free: 800 754 1579
goodthingaboutdebt.ca
BDO

This healthier version of the crispy patties eliminates the hidden calories

The croquette is a way to use leftovers, but it's also a way to chow down hidden fat and calories. But you can concoct healthier croquettes with a little nutritional know-how.

Start with lean protein, such as chicken, turkey breasts or even crab.

For the fillers, lean toward vegetables, which add more flavour and moisture, rather than starches such as breadcrumbs or rice. Aromatics, such as onions, garlic and peppers, season while also adding a variety of colours and textures.

And if you do want to add a starch, consider using sweet potato, which is packed with fibre.

When it comes to the wet binders, opt for egg whites, which won't contain the fatty yolks and still have binding power.

Finally, though many croquettes are cooked in generous amounts of fat, with a good non-stick pan, you should be able to get satisfyingly crispy results using just cooking spray.

Preparation:

1. **Relish:** In a small bowl whisk together red peppers, oregano, thyme, jelly, salt and scallions. Set aside.
2. **Croquettes:** In a large non-stick skillet over high, heat oil. Add sweet potato, onion and red bell pepper. Saute until vegetables are tender, about 5 minutes. Transfer vegetable mixture to a large bowl. Wipe out the skillet and set aside.
3. Add chicken, lemon juice, oregano, thyme, salt and pepper, then stir to combine. Add egg whites and sour cream, then stir again.
4. Place breadcrumbs in a dish. Divide chicken mixture into 12 balls, using about 30 ml (2 heaping tbsp) per ball. Roll balls in breadcrumbs.
5. Return skillet to medium-high heat and coat with cooking spray. Add 6 of the balls, flattening them into patties with a spatula. Cook until golden-brown, 3 to 4 minutes per side.
6. Transfer croquettes to a serving platter and cover with foil. Coat skillet with additional cooking spray, then repeat with remaining balls. Serve with red pepper relish.

THE ASSOCIATED PRESS

Ingredients:

Relish
- 1 jar (375 ml/12 oz) roasted red peppers, drained and diced
- 45 ml (3 tbsp) fresh oregano, chopped
- 10 ml (2 tsp) fresh thyme, chopped
- 45 ml (3 tbsp) hot pepper jelly
- Pinch salt
- 1 scallion, thinly sliced

Croquettes
- 5 ml (1 tsp) canola oil
- 250 ml (1 cup) uncooked shredded sweet potato
- 125 ml (1/2 cup) finely chopped yellow onion
- 125 ml (1/2 cup) finely chopped red bell pepper
- 500 ml (2 cups) finely chopped cooked chicken breast or turkey breast
- 10 ml (2 tsp) lemon juice
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) dried thyme
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 2 large egg whites
- 50 ml (1/4 cup) reduced-fat sour cream
- 125 ml (1/2 cup) plain breadcrumbs

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Chicken and Sweet Potato Croquettes with Red Pepper Relish.

THIS WEEK'S SUPER DEALS
JAN 21~ JAN 27, 2011
Fri 21 Sat 22 Sun 23 Mon 24 Tue 25 Wed 26 Thu 27
LIMITED TO OTTAWA STORE

大統華 T&T Supermarket
224 Hunt Club Road, Ottawa, ON, K1V 1C1
613-731-8113

CHINESE NEW YEAR
02/03/2011

4 DAYS ONLY Fri, Sat, Sun, Mon 1/21-1/24

Nan Feng Baby Mandarins
Product of China
2.19/KG
99¢ /LB

Fresh Chicken Breast
Boneless Skinless
3.58 /LB
7.92/KG

Live Stripe Bass
7.99 /LB
17.66/KG

6 x 75G
Nong Shin Cup Noodles
3.99 /CASE

Purchase T & T Gift Cards and receive an extra bonus
$30
Eligible on purchases of $1000 or more
Promotion until 02/10/2011

Assorted Sliced Mousse Cakes
2 FOR 3.79
SAVE $1.79

Lemon Chicken
5.99 /BOX
SAVE $2

20oz
Grand Maple Cooked Dumplings
Selected Varieties
2 FOR 5.99
SAVE $3.99

6pairs/23cm
CNY Chopsticks
5.99 /SET
SAVE $1

CHANCE TO WIN A GOLD BUNNY
Lindt GOLD BUNNY
Enter for your chance to win one of six 24K Gold Bunnies
(Valued from $110 to $238 each)
Prizes
Please see in-store poster for more details.

• Check prices on display tags in store in case of discrepancy due to a printing error in this advertisement
• Offers valid while stock lasts
• T&T reserves the right to limit quantities

9am-9pm (Sat-Thur) 9am-10pm (Friday)
www.TnTsupermarket.com

Federer. Survives scare

▶ Defending champion Roger Federer escaped with a victory at the Australian Open yesterday, edging France's Gilles Simon 6-2, 6-3, 4-6, 4-6, 6-3 in the second round.

MARK KOLBE/GETTY IMAGES

Federer says he 'got lucky' in tough second-round match

Early on it seemed as if Simon, who had beaten Federer in their only two previous meetings, would send the Swiss star packing out of a Grand Slam before the third round for the first time since 2003. But Federer broke Simon's service in the sixth game of the deciding set to go up 4-2, held his service to go up 5-2, then held his serve two games later to clinch with an ace. Vancouver's Rebecca Marino lost a hard-fought 6-3, 5-7, 9-7 second-round women's match to French Open champion Francesca Schiavone. THE ASSOCIATED PRESS

New rules should aid CFL in Ottawa

'It puts you in a competitive position right off the bat,' ownership group's Jeff Hunt says

When Ottawa's latest shot at success in the Canadian Football League takes to the field in 2013, it should be better equipped to compete than the last version.

The league announced an expansion draft plan yesterday that will give the as-yet-unnamed team significant advantages over what the Ottawa Renegades faced in 2002.

The biggest change will see existing teams allowed to protect only one quarterback, one less than was the case the last time around.

"In my opinion, it's another positive step forward on this road we've been going down for the last two-and-a-half years," said Ottawa ownership group frontman Jeff Hunt, noting that none of the quarterbacks in the Renegades inaugural training camp had taken a snap in the CFL the previous season.

"This time, it's very realistic we'll have two quarterbacks coming in who have CFL experience."

23
The number of games the Ottawa Renegades won during their four seasons of existence.

There are several other improvements approved by the league that should help Ottawa in establishing itself as a competitive team.

In the first round of the import draft, existing teams can protect only one quarterback and 10 imports, allowing Ottawa to select one import player from each team. In the second round, each club can protect only six non-imports.

Ottawa will also have the first pick in each round of the 2013 Canadian draft as well as the final selection in the first four rounds of the 2012 draft. Those selections will be restricted to redshirted NCAA players.

Ottawa will also be allowed to start building a negotiation list prior to its first season.

League commissioner Mark Cohon said he believes the format strikes a good balance.

"Our goal has been clear throughout: To give Ottawa the chance to field a competitive team without unfairly undermining our existing franchises," he said in a statement. "We are confident this plan meets that objective."

TORSTAR NEWS SERVICE

GM overruled by Yanks owner

In a move mirroring those of his father, Yankees owner Hal Steinbrenner overruled general manager Brian Cashman in giving a $35-million US, three-year contract to Rafael Soriano.

After a news conference to introduce Mariano Rivera's new setup man yesterday, Cashman said he didn't think it was worth paying closer money for a pitcher the team plans to use in the eighth inning.

"This is Hal Steinbrenner and his family's franchise."
BRIAN CASHMAN

Cashman didn't want to lose his first-round pick in June's amateur draft, which will now go to Tampa Bay as compensation.

"I think it's certainly a sign that at times if Hal feels that he wants to go in a different direction, that could happen," Cashman said. "I think that's certainly the case. This is their team. Does that happen often? Will it happen a lot? I just think it depends on the circumstances."

THE ASSOCIATED PRESS

Woods will start season in San Diego

Tiger Woods officially entered the Farmers Insurance Open yesterday, which has become the traditional start of his season since 2006.

He has won the last five times he played San Diego's Torrey Pines, including the 2008 U.S. Open in a playoff over Rocco Mediate.

He has not played the PGA stop at Torrey Pines the last two years, missing the tournament in 2009 recovering from knee surgery and last year while dealing with personal problems related to his extramarital affairs. THE ASSOCIATED PRESS

4 sports

Sports in brief

1 The Nationals finalized their trade to acquire left-hander Tom Gorzelanny from the Cubs.

2 Nets owner Mikhail Prokhorov has told the team to end discussions on the Carmelo Anthony deal.

3 Arsenal advanced to the fourth round of the FA Cup with a 3-1 victory over second-tier club Leeds.
THE ASSOCIATED PRESS

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	46	30	11	2	3	158	122	65	14-6-0-2	16-5-2-1	8-2-0-0	W3
d-Boston	46	26	13	2	5	142	103	59	12-8-1-2	14-5-1-3	6-2-1-1	W2
d-Tampa Bay	47	27	15	3	2	140	150	59	14-4-1-1	13-11-2-1	6-4-0-0	W1
Pittsburgh	47	29	14	2	2	150	110	62	15-9-1-0	14-5-1-2	5-3-0-2	W3
Washington	47	25	14	5	3	133	124	58	16-5-2-3	9-9-3-0	5-2-3-0	L1
NY Rangers	48	27	18	2	1	139	115	57	12-10-1-1	15-8-1-0	5-4-1-0	W1
Montreal	47	26	17	4	0	118	113	56	16-6-3-0	10-11-1-0	6-3-1-0	L1
Atlanta	48	23	18	3	4	146	153	53	11-9-1-2	12-9-2-2	4-5-1-0	W1
Carolina	46	22	18	2	4	137	145	50	11-8-1-1	11-10-1-3	4-4-2-0	L2
Florida	44	21	20	1	2	121	116	45	11-8-1-2	10-12-0-0	5-3-1-1	L1
Buffalo	45	20	20	5	0	123	132	45	11-11-1-0	9-9-4-0	6-3-1-0	W1
Toronto	45	18	22	2	3	114	139	41	9-10-2-2	9-12-0-1	5-4-0-1	L3
Ottawa	47	17	23	4	3	103	144	41	9-13-1-2	8-10-3-1	2-6-0-2	L3
NY Islanders	44	14	23	3	4	108	148	35	8-9-1-3	6-14-2-1	4-5-0-1	L1
New Jersey	45	13	29	2	1	90	140	29	7-13-1-1	6-16-0-0	4-5-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	46	29	10	4	3	152	113	65	15-3-1-2	14-7-3-1	6-2-1-1	L2
d-Detroit	46	28	12	4	2	158	135	62	14-5-3-1	14-7-1-1	5-3-1-1	L1
d-Dallas	46	28	13	1	4	135	119	61	15-6-1-3	13-7-0-1	7-2-0-1	W5
Nashville	46	25	15	4	2	124	111	56	11-4-3-2	14-11-1-0	8-2-0-0	W1
Anaheim	49	26	19	2	2	131	136	56	17-7-0-1	9-12-2-1	8-2-0-0	W2
Phoenix	47	23	15	6	3	136	135	55	10-7-3-2	13-8-3-1	6-2-1-1	L2
Chicago	47	25	18	2	2	150	130	54	16-11-0-0	9-7-2-2	5-4-0-1	W1
Colorado	46	24	16	6	0	152	146	54	13-8-3-0	11-8-3-0	5-4-1-0	W2
Minnesota	46	23	18	1	4	117	128	51	11-11-0-2	12-7-1-2	6-4-0-0	W2
San Jose	47	23	19	4	1	136	133	51	11-10-2-1	12-9-2-0	3-7-0-0	W2
St. Louis	45	22	17	2	4	121	129	50	15-8-0-2	7-9-2-2	4-5-0-1	W2
Los Angeles	46	24	21	1	0	134	117	49	15-8-1-0	9-13-0-0	2-8-0-0	L2
Columbus	46	21	20	3	2	120	145	47	12-10-0-1	9-10-3-1	3-5-1-1	L2
Calgary	46	20	20	2	4	126	137	46	11-8-0-1	8-12-2-4	5-2-1-2	L1
Edmonton	45	14	24	1	6	113	155	35	7-12-1-2	7-12-1-3	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers 7 Toronto 0
Columbus at Florida
Minnesota at Calgary
Tuesday's results
Anaheim 2 Ottawa 1 (SO)
Buffalo 2 Montreal 1 (OT)
Colorado 4 Vancouver 3 (OT)
Minnesota 4 Edmonton 1
Boston 3 Carolina 2
Nashville 5 Phoenix 2
Philadelphia 3 Washington 2 (OT)
Pittsburgh 4 Detroit 1
St. Louis 2 Los Angeles 1
Tampa Bay 3 Columbus 2 (SO)

Tonight's games
All Times Eastern
Buffalo at Boston, 7 p.m.
Anaheim at Toronto, 7 p.m.
Pittsburgh at New Jersey, 7 p.m.
Washington at N.Y. Islanders, 7 p.m.
Ottawa at Philadelphia, 7 p.m.
N.Y. Rangers at Carolina, 7 p.m.
Tampa Bay at Atlanta, 7 p.m.
Detroit at St. Louis, 8 p.m.
Nashville at Colorado, 9 p.m.
Dallas at Edmonton, 9 p.m.
San Jose at Vancouver, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

RANGERS 7, MAPLE LEAFS 0

First Period
1. N.Y. Rangers, Gaborik 12 (Avery, Anisimov) 10:55
2. N.Y. Rangers, Boyle 16 (Staal, Gaborik) 12:45 (pp)
3. N.Y. Rangers, Gaborik 13 (Anisimov, Avery) 13:21
4. N.Y. Rangers, Fedotenko 9 (Prust, Staal) 15:40

Penalties — Newbury NYR (boarding) 3:13, Drury NYR (delay of game) 7:44, Orr Tor (interference) 12:16, Boyce Tor (roughing) 20:00.

Second Period
5. N.Y. Rangers, Gaborik 14 (Avery, Anisimov) 11:15
6. N.Y. Rangers, Gaborik 15 (Anisimov, Wolski) 14:44 (pp)

Penalties — Schenn Tor, Weise NYR (fighting) 7:32, Orr Tor (charging) 13:20.

Third Period
7. N.Y. Rangers, Zuccarello 3 (Stepan, Wolski) 0:53

Penalties — Gilroy NYR (hooking) 4:16, Phaneuf Tor, Newbury NYR (fighting, misconduct) 11:18, Armstrong Tor, McDonagh NYR (roughing) 12:41, Orr Tor (slashing major, game misconduct) 18:03.

Shots

Toronto	8	5	9	—22
N.Y. Rangers	14	10	4	—28

Goal (shots-saves) — Toronto: Gustavsson (L,6-13-2)(25-19), Giguere (13:21 first)(3-2),; N.Y. Rangers: Lundqvist (W,20-14-3). **Power plays (goals-chances)** — Toronto: 0-3; N.Y. Rangers: 2-4.

Referees — Wes McCauley, Francois St. Laurent. **Linesmen** — Anthony Sericolo, Mark Shewchyk.

Att. — 18,200 (18,200) at New York.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	35	28	63
D.Sedin, Vcr	27	32	59
St. Louis, TB	19	38	57
H.Sedin, Vcr	9	47	56
B.Richards, Dal	18	36	54
Zetterberg, Det	16	35	51
Perry, Ana	24	26	50
Eriksson, Dal	17	32	49
E.Staal, Car	22	25	47
Kopitar, LA	16	31	47
Ovechkin, Wash	16	30	46
Kesler, Vcr	25	19	44
Sharp, Chi	25	19	44
Duchene, Col	18	25	43
Heatley, SJ	18	25	43
J.Thornton, SJ	13	30	43
Backstrom, Wash	11	31	42
Lidstrom, Det	11	31	42
Briere, Pha	24	17	41
Iginla, Cal	18	23	41
Byfuglien, Atl	16	25	41
Selanne, Ana	14	27	41
Enstrom, Atl	8	33	41
Nash, Clb	21	19	40
J.Carter, Pha	20	20	40
Giroux, Pha	18	22	40
P.Stastny, Col	16	24	40
Hejduk, Col	15	25	40
M.Richards, Pha	15	25	40
Havlat, Minn	11	29	40
Ribeiro, Dal	9	31	40
Letang, Pgh	7	33	40
Ladd, Atl	16	23	39
Datsyuk, Det	12	27	39
M.Koivu, Minn	11	28	39

Not including last night's games

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Thursday's results
WOMEN
Singles — Second Round
Kim Clijsters (3), Belgium, def. Carla Suarez Navarro, Spain, 6-1, 6-3.
Shahar Peer (10), Israel, def. Sorana Cirstea, Romania, 6-3, 6-2.
Flavia Pennetta (22), Italy, def. Lourdes Dominguez Lino, Spain, 6-2, 6-2.
Ayumi Morita, Japan, def. Caroline Garcia, France, 6-4, 6-4.
MEN
Doubles — First Round
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, def. Franco Ferreiro and Andre Sa, Brazil, 6-3, 6-0.
Bjorn Phau, Germany, and Janko Tipsarevic, Serbia, def. Ivan Ljubicic and Lovro Zovko, Croatia, 6-1, 6-4.
Wednesday's results
MEN
Singles — Second Round
Roger Federer (2), Switzerland, def. Gilles Simon, France, 6-2, 6-3, 4-6, 4-6, 6-3.
Novak Djokovic (3), Serbia, def. Ivan Dodig, Croatia, 7-5, 6-7 (8), 6-0, 6-2.
Tomas Berdych (6), Czech Republic, def. Philipp Kohlschreiber, Germany, 4-6, 6-2, 6-3, 6-4.
Andy Roddick (8), U.S., def. Igor Kunitsyn, Russia, 7-6 (7), 6-2, 6-3.
Fernando Verdasco (9), Spain, def. Janko Tipsarevic, Serbia, 2-6, 4-6, 6-4, 7-6 (0), 6-0.
Gael Monfils (12), France, def. Frederico Gil, Portugal, 6-4, 6-3, 1-6, 6-2.
Nicolas Almagro (14), Spain, def. Igor Andreev, Russia, 7-5, 2-6, 4-6, 7-6 (10), 7-5.
Tommy Robredo, Spain, def. Mardy Fish (16), U.S., 1-6, 6-3, 6-3, 6-3.
Ivan Ljubicic (17), Croatia, def. Benoit Paire, France, 6-3, 6-7 (2), 6-4, 7-6 (5).
Stanislas Wawrinka (19), Switerland, def. Grigor Dimitrov, Bulgaria, 7-5, 6-3, 6-3.
Xavier Malisse, Belgium, def. Albert Montanes (25), Spain, 6-4, 6-0, 6-1.
Robin Haase, Netherlands, def. Juan Monaco (26), Argentina, 6-4, 6-4, 3-6, 6-2.
Richard Gasquet (28), France, def. Adrian Mannarino, France, 6-3, 7-6 (4), 6-4.
Viktor Troicki (29), Serbia, def. Nicolas Mahut, France, 6-4, 6-2, 1-6, 6-3.
Sergiy Stakhovsky, Ukraine, def. Lukasz Kubot, Poland, 6-3, 6-4, 6-4.
Kei Nishikori, Japan, def. Florian Mayer, Germany, 6-4, 6-3, 0-6, 6-3.
Doubles — First Round
Bob and Mike Bryan (1), U.S., def. Scott Lipsky and Rajeev Ram, United States, 6-3, 3-6, 6-4.
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, def. James Duckworth and Benjamin Mitchell, Australia, 6-3, 6-3.
Jurgen Melzer, Austria, and Philipp Petzschner (6), Germany, def. Brian Dabul, Argentina, and Santiago Giraldo, Colombia, 7-6 (3), 6-1.
David Marrero and Ruben Ramirez Hidalgo, Spain, def. Lukas Dlouhy, Czech Republic, and Paul Hanley (7), Australia, 6-4, 1-6, 6-1.
Michael Llodra, France, and Nenad Zimonjic (8), Serbia, def. Kevin Anderson, South Africa, and Victor Hanescu, Romania, 6-3, 6-4.
Mark Knowles, Bahamas, and Michal Mertinak (12), Slovakia, def. Teymuraz Gabashvili, Russia, and Mikhail Kukushkin, Kazakhstan, 6-4, 7-6 (5).
Pablo Andujar and Daniel Gimeno-Traver, Spain, def. Pablo Cuevas, Uruguay, and Eduardo Schwank, Argentina, 7-6 (5), 7-5.
Alexandr Dolgopolov, Ukraine, and Jan Hajek, Czech Republic, def. Fabio Fognini, Italy, and Lukas Lacko, Slovakia, 6-3, 6-7 (4), 6-2.
Eric Butorac, U.S., and Jean-Julien Rojer, Netherlands Antilles, def. Andrey Golubev, Kazakhstan, and Denis Istomin, Uzbekistan, 6-7 (4), 6-4, 6-0.
Carsten Ball and Chris Guccione, Australia, def. James Lemke and Matt Reid, Australia, 6-4, 7-6 (4).
Carlos Berlocq, Argentina, and Pere Riba, Spain, def. Frantisek Cermak, Czech Republic, and Christopher Kas, Germany, 6-4, 7-5.
Santiago Gonzalez, Mexico, and Philipp Marx, Germany, def. Dudi Sela, Israel, and Andreas Seppi, Italy, 7-6 (2), 3-6, 7-6 (5).
Jeremy Chardy and Arnaud Clement, France, def. Travis Parrott, U.S., and Ken Skupski, Britain, 7-6 (6), 6-3.
Dustin Brown, Germany, and Rogier Wassen, Netherlands, def. Dmitry Tursunov, Russia, and Mischa Zverev, Germany, 6-2, 6-3.
Sam Groth and Greg Jones, Australia, def. Matthew Ebden and Peter Luczak, Australia, 7-6 (4), 3-6, 6-3.
Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, def. Juan Ignacio Chela and Leonardo Mayer, Argentina, 7-5, 6-3.
WOMEN
Singles — Second Round
Caroline Wozniacki (1), Denmark, def. Vania King, U.S., 6-1, 6-0.
Venus Williams (4), U.S., def. Sandra Zahlavova, Czech Republic, 6-7 (6), 6-0, 6-4.
Francesca Schiavone (6), Italy, def. Rebecca Marino, Vancouver, 6-3, 5-7, 9-7.
Victoria Azarenka (8), Belarus, def. Andrea Hlavackova, Czech Republic, 6-4, 6-4.
Li Na (9), China, def. Evgeniya Rodina, Russia, 6-3, 6-2.
Justine Henin (11), Belgium, def. Elena Baltacha, Britain, 6-1, 6-3.
Maria Sharapova (14), Russia, def. Virginie Razzano, France, 7-6 (3), 6-3.
Vesna Manasieva, Russia, def. Marion Bartoli (15), France, 3-6, 6-3, 6-0.
Julia Goerges, Germany, def. Kaia Kanepi (20), Estonia, 6-4, 3-6, 6-4.
Anastasija Sevastova, Latvia, def. Yanina Wickmayer (21), Belgium, 6-4, 6-2.
Svetlana Kuznetsova (23), Russia, def. Arantxa Rus, Netherlands, 6-1, 6-4.
Dominika Cibulkova (29), Slovakia, def. Alberta Brianti, Italy, 6-1, 4-6, 6-2.
Andrea Petkovic (30), Germany, def. Anne Keothavong, England, 2-6, 7-5, 6-0.
Monica Niculescu, Romania, def. Tsvetana Pironkova (32), Bulgaria, 6-4, 6-1.
Chanelle Scheepers, South Africa, def. Regina Kulikova, Russia, 6-4, 4-6, 7-5.
Barbora Zahlavova Strycova, Czech Republic, def. Jelena Dokic, Australia, 7-6 (3), 6-1.
Doubles — First Round
Gisela Dulko, Argentina, and Flavia Pennetta (1), Italy, def. Sania Mirza, India, and Renata Voracova, Czech Republic, 6-4, 6-1.
Liezel Huber, U.S., and Nadia Petrova (3), Russia, def. Daniella Dominikovic and Jessica Moore, Australia, 6-3, 6-0.
Nuria Llagostera Vives and Maria Jose Martinez Sanchez (4), Spain, def. Sara Errani and Roberta Vinci, Italy, 5-7, 6-4, 6-4.
Chan Yung-jan, Taiwan, and Agnieszka Radwanska (8), Poland, def. Dominika Cibulkova, Slovakia, and Anastasia Pavlyuchenkova, Russia, 4-6, 6-2, 7-5.
Bethanie Mattek-Sands and Meghann Shaughnessy (9), U.S., def. Kirsten Flipkens, Belgium, and Mariya Koryttseva, Ukraine, 6-1, 6-1.
Elena Vesnina and Vera Zvonareva (13), Russia, def. Monique Adamczak and Isabella Holland, Australia, 6-1, 6-1.
Alisa Kleybanova, Russia, and Anabel Medina Garrigues (15), Spain, def. Vera Dushevina and Ekaterina Makarova, Russia, 6-3, 6-2.
Sorana Cirstea, Romania, and Lucie Safarova, Czech Republic, def. Sarah Borwell, Britain, and **Marie-Eve Pelletier, Repentigny, Que.**, 5-7, 6-2, 6-2.
Raquel Kops-Jones and Abigail Spears, U.S., def. Polona Hercog, Slovenia, and Petra Martic, Croatia, 6-3, 7-6 (5).
Chuang Chia-jung and Hsieh Su-wei, Taiwan, def. Jade Hopper and Monika Wejnert, Australia, 6-1, 6-2.
Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, def. Alize Cornet, France, and Edina Gallovits-Hall, Romania, 7-6 (3), 6-2.
Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Bojana Jovanovski, Serbia, and Varvara Lepchenko, U.S., 6-4, 6-4.
Sofia Arvidsson and Johanna Larsson, Sweden, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova, Belarus, 6-4, 6-3.
Jarmila Groth, Australia, and Klara Zakopalova, Czech Republic, def. Carly Gullickson and Melanie Oudin, U.S., 6-1, 6-2.
Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, def. Kristina Barrois and Angelique Kerber, Germany, 7-5, 6-3.
Sophie Ferguson and Alicia Molik, Australia, def. Alberta Brianti, Italy, and Anna Chakvetadze, Russia, 4-6, 6-1, 6-3.

SOCCER

ASIAN CUP

Yesterday's results
At Al Rayyan, Qatar
Iraq 1 North Korea 0
At Doha, Qatar
Iran 3 United Arab Emirates 0

ENGLAND

FA CUP
THIRD ROUND
Replay
Yesterday's result
Leeds 1 Arsenal 3

FRANCE

LIGUE 1
Yesterday's results
Lille 3 Nancy 0

LEAGUE CUP
SEMIFINALS
Yesterday's result
Auxerre 0 Marseille 2

GERMANY

GERMAN CUP
ROUND OF 16
Yesterday's results
Kickers Offenbach 0 Nuremberg 2
Koblenz 1 Kaiserslautern 4

ITALY

SERIE A
Yesterday's result
Inter Milan 3 Cesena 2

ITALIAN CUP
ROUND OF 16
Yesterday's results
AS Roma 2 Lazio 1
Sampdoria 2 Udinese 2
(Sampdoria won 5-4 on penalties)

SPAIN

COPA DEL REY
QUARTER-FINALS
Second Leg
Yesterday's results
Deportivo La Coruna 2 Almeria 3
(Almeria advances on 4-2 aggregate)
Real Betis 3 Barcelona 1
(Barcelona advances 6-3)

CYCLING

TOUR DOWN UNDER

At Mannum, Australia
Results Wednesday from the 146-kilometre second stage (with finish, rider, country, team and time):
1. Ben Swift, Britain, SkyProcycling, three hours 27 minutes 44 seconds; 2. Robbie McEwen, Australia, Radio Shack same time; 3. Graeme Brown, Australia, Rabobank, s.t.; 4. Romain Feillu, France, Vacansoleil-DCM, s.t.; 5. Jurgen Roelandts, Belgium, Omega Pharma-Lotto, s.t.

Also
42. Lance Armstrong, U.S., Radio Shack, s.t.; 76. Andre Greipel, Germany, Omega Pharma-Lotto, s.t.; 130. Mark Cavendish, Britain, HTC-Highroad, three minutes 47 seconds behind.

Overall Standings
(after second of six stages)
1. Robbie McEwen, Australia, Radio Shack six hours 44 minutes 42 seconds; 2. Matthew Goss, Australia, HTC-Highroad, s.t.; 3. Ben Swift, Britain, Sky Procycling, s.t.

Also
60. Lance Armstrong, U.S., Radio Shack, s.t.; 130. Mark Cavendish, Britain, HTC-Highroad, 3:57.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	31	9	.775	—
d-Miami	30	13	.698	2½
d-Chicago	28	14	.667	4
Atlanta	28	15	.651	4½
Orlando	27	15	.643	5
New York	22	18	.550	9
Indiana	16	22	.421	14
Philadelphia	17	24	.415	14½
Charlotte	16	24	.400	15
Milwaukee	14	24	.368	16
Detroit	15	26	.366	16½
Toronto	13	28	.317	18½
Washington	12	27	.308	18½
New Jersey	11	31	.262	21
Cleveland	8	33	.195	23½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	35	6	.854	—
d-L.A. Lakers	31	12	.721	5
d-Oklahoma City	27	14	.659	8
Dallas	26	14	.650	8½
Utah	27	15	.643	8½
New Orleans	26	16	.619	9½
Denver	23	17	.575	11½
Portland	22	20	.524	13½
Phoenix	19	21	.475	15½
Memphis	19	22	.463	16
Houston	19	23	.452	16½
Golden State	17	23	.425	17½
L.A. Clippers	15	25	.375	19½
Minnesota	10	32	.238	25½
Sacramento	9	30	.231	25

d — division leader
Last night's results
Phoenix 106 Cleveland 98
New Jersey 103 Utah 95
Orlando 99 Philadelphia 98 (OT)
Detroit at Boston
Washington at Milwaukee
Memphis at New Orleans
New York at Houston
Toronto at San Antonio
Oklahoma City at Denver
L.A. Lakers at Dallas
Portland at Sacramento
Indiana at Golden State
Minnesota at L.A. Clippers
Tuesday's results
Atlanta 93 Miami 89 (OT)
Charlotte 83 Chicago 82
Tonight's games
All Times Eastern
Philadelphia at Charlotte, 7 p.m.
Dallas at Chicago, 8 p.m.
L.A. Clippers at Portland, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	37	349	288	1050	28.4
Stoudemire, NYK	40	391	266	1056	26.4
Ellis, GOL	40	383	192	1027	25.7
James, MIA	41	358	276	1049	25.6
Bryant, LAL	43	378	270	1084	25.2
Wade, MIA	41	357	279	1030	25.1
Rose, CHI	41	373	199	1011	24.7
Gordon, LAC	38	306	226	907	23.9

Not including last night's games

NFL

CONFERENCE CHAMPIONSHIPS

All Times Eastern
Sunday's games
NFC
Green Bay at Chicago, 3 p.m.
AFC
N.Y. Jets at Pittsburgh, 6:30 p.m.

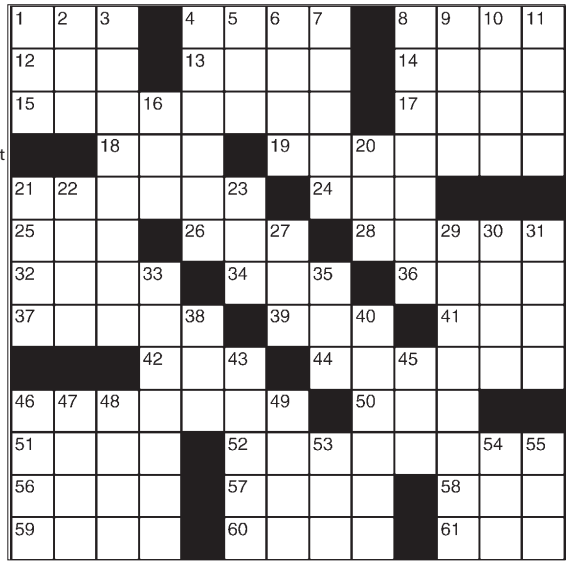
PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL

Sunday, Feb. 6
At Arlington, Texas
AFC vs. NFC champions, 6:30 p.m.

Crossword



Across

1 Ostrich's cousin
4 Obi, e.g.
8 Luminary
12 Police officer
13 Look lasciviously
14 Sulk
15 Against the current
17 Eject
18 Bill
19 Studied primarily, with "in"
21 Light blond
24 Enthusiast
25 Journal
26 AAA job
28 Avoids
32 Worked with
34 Slight touch
36 Lover's quarrel
37 Make less bright
39 Pouch
41 Coll. transcript no.
42 Lummox
44 Follower of a pair of hips?
46 Flute's little kin
50 Lillie or Arthur
51 Pennsylvania port
52 On the ascendant
56 Barracks array
57 Carina
58 Storm center
59 Dandling site
60 Tend texts
61 Drops on the grass

Down

1 Old French coin
2 Swab
3 Stole the attention from
4 Fruity ice
5 Time of your life?
6 Bridge coup
7 Macho type
8 Gets even?
9 Go sightseeing
10 Church area
11 Pensioned (Abbr.)
16 Strain
20 Roast's drippings, in a sense
21 Blunder
22 Mislay
23 Affirmative action
27 Existed
29 Improved, as software
30 California wine valley
31 Go no farther
33 Bishop's bailiwick
35 "Humbug!"
38 Long March leader
40 Strong greenish blue
43 Lucky accident
45 "— the ramparts ..."
46 Bushel fraction
47 Press
48 Give as an example
49 Pundit's column
53 Early Chinese dynasty
54 Caustic solution
55 Archery bow wood

▶ Yesterday's answer

J	I	B	■	N	O	V	A	■	P	R	O	P
A	R	E	■	O	P	E	D	■	L	A	V	A
B	A	A	■	S	T	E	A	L	A	W	A	Y
S	Q	U	A	W	■	■	M	A	G	■	■	■
■	■	■	M	E	T	H	■	P	U	P	A	E
C	A	S	T	A	W	A	Y	■	E	L	S	E
H	U	E	■	T	A	B	O	O	■	O	I	L
E	T	A	L	■	S	I	G	N	A	W	A	Y
F	O	L	I	O	■	T	I	E	D	■	■	■
■	■	■	T	A	P	■	■	E	D	I	C	T
B	R	E	A	K	A	W	A	Y	■	D	U	O
I	C	O	N	■	R	O	L	E	■	E	R	G
Z	A	N	Y	■	T	O	L	D	■	A	B	A

Sudoku

					3		1	
4	5				9	8		
	1		8			4		
	6			2	5		9	
5								2
	9		4	3			7	
		6			7		8	
		7	2				6	9
	8		1					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	7	8	1	2	9	6	4
4	8	2	9	6	3	1	5	7
1	9	6	7	5	4	8	3	2
6	7	8	4	3	5	2	9	1
9	2	5	1	8	7	6	4	3
3	1	4	2	9	6	5	7	8
2	6	9	3	7	8	4	1	5
8	5	3	6	4	1	7	2	9
7	4	1	5	2	9	3	8	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my lobster yay! I'm so happy to have found my mate. I look forward to many years on the balcony feeding eachother cheezy lines. **LOVE YOUR LOBSTER**

My Cookie! Thank you for making my day so much sweeter!
XOOXOXO YOUR BABY CAKES!

I told you from the start, That I Loved You, and that nothing would change how I feel. How much you really mean to me, and how having you in my life today, I couldn't ask for anything more. When I'm with you, "nothing else matters", when I'm not I carry the world on my shoulders...! Love you Karalee.. **A&DF**

To my love Lidia, thanks for being with me for all these years. I miss you so much. As soon as possible I'll go back home.
LOVE YOU WITH ALL MY HEART, STEFANO

Today -11°/-17° Sunny
Friday -10°/-24° Flurries 40%
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
Get your weather on the go with theweathernetwork.com
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Friendships will assume even greater importance than usual over the next few days. Make sure you are on good terms with people you have to deal with on a daily basis.

♉ Taurus April 21-May 21
It's the time to make your bid for glory. Today, the Sun's transit of the midheaven angle of your chart will bring new opportunities, but it's up to you to do something with them.

♊ Gemini May 22-June 21
Being a Gemini, you will most likely rush in where angels fear to tread today, especially as the Sun's move into your fellow Air sign of Aquarius endows you with unlimited self-confidence.

♋ Cancer June 22-July 22 If you are the kind of Cancerian who rarely gives thought to the future, you need to change your ways. You're not getting any younger and you need to start building up a nest egg.

♌ Leo July 23-Aug.23 You can't do it alone. If you want to get things done over the next few weeks, you will have to rediscover the joys of partnership. Surely, you remember what that is!

♍ Virgo Aug. 24- Sept. 22 Pay close attention to details today because the smallest thing could trip you up. Also, if some of your everyday routines have become a bit of a chore now is the time to replace them with something more inspiring.

♎ Libra Sept. 23-Oct. 23 Put all thoughts of fear and failure behind you and resolve to make a success of your life. All things are possible.

♏ Scorpio Oct. 24-Nov. 22 You need to break down whatever barrier there is between you and a loved one. No matter what caused it or whose fault it might have been if you make the first move, you can get things back to how they were.

♐ Sagittarius Nov. 23-Dec. 21 This should be a fun time for you, so ignore those who say you should be worried about the state of the world. You've never believed it's as bad as some people say. Unlike them, you're not turned on by doom and gloom.

♑ Capricorn Dec. 22-Jan. 20
The Sun leaves your birth sign today, but that does not mean that your luck is about to run out. On the contrary, if you keep doing what you've been doing the past few weeks, you'll be richer than ever.

♒ Aquarius Jan. 21-Feb. 18 A new solar year begins for you, today, and you are eager to start building that new life you promised yourself. Make sure your vision is clear and your plan is simple.

♓ Pisces Feb. 19-March 20
Sometimes, you can be a bit too sensitive for your own good and that could be a problem today. Yes, others may be suffering, but it's not your fault. SALLY BROMPTON

Caption contest

MANU FERNANDEZ/ THE ASSOCIATED PRESS

WIN! You write it!
Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARKUS SCHREIBER/ THE ASSOCIATED PRESS

FLIGHT CENTRE Unbeatable
Havana $3* Travel Feb 7 - Feb 14/c6 + taxes & fees $226
Orlando $19* Travel Jan 29 - Feb 6/ts + taxes & fees $246
INCLUDES roundtrip air.
1 866 720 4853 | flightcentre.ca
Conditions apply. *Ex: Montreal. Air only prices are per person for return travel unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change. c6=canjet, ts=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

PSYCHIC FAIR
JANUARY 21-22-23
Clairvoyance, Palmistry, Past Lives, Astrology, Tarot Cards
Auras, Numerology, Healing, Crystal Ball, Crystals
Friday 2-10
Saturday 11-10
Sunday 11-7
Admission $5 2 for 1 with this ad (1 ad per customer)
Seniors 65+ FREE ADMISSION!
Chimo Hotel
1199 Joseph Cyr St, Ottawa • 613-744-1060 • FREE PARKING

find us follow us friend us
We're all over your city in more ways than one. Metro brings you breaking news and great reviews.
metro

calorie counting? bad at math?

10 calories
per bottle **naturally sweetened**

GLACÉAU
vitaminwater
10
calories/bottle
nutrient rich,
calorie poor
go-go
mixed berry (c+b+e)
how could you possibly be reading this label right now? isn't there a meeting you should be in? a gym you've been paying for? when every day is a marathon, something's gotta give. fortunately, this delicious source of hydration you're holding has some vitamins and nutrients to help motivate you towards your daily finish line. and to sweeten — or naturally sweeten — the deal, we made it with only 10 calories. now hurry up and go — you're already late!
for best results, stick it in the fridge.
expiry date and lot: see shoulder of bottle.
591 mL
GLACÉAU
vitaminwater
10
recoup
591 mL

GLACÉAU **vitaminwater**

www.vitaminwatercanada.ca

enhanced water developed to hydrate and replenish the body with essential vitamins.

® energy brands inc., used under license.